

YOU ARE NOT ALONE.


EMPLOYEE ASSISTANCE PROGRAM


Are you having trouble sleeping? Feeling worried, stressed and anxious? COVID-19 has had a significant impact on our lives. **But you don't need to go it alone.** You have access to confidential, experienced clinicians and professional staff 24/7 through the **Employee Assistance Program (EAP)**.

WHAT'S IN IT FOR YOU?

 Unlimited, **FREE**, 24/7 telephonic access to EAP professionals

 Unlimited, **FREE**, 24/7 online access to EAP resources

 Available to any member of your family


 Available to you regardless of whether or not you are enrolled in the medical plan

TOPICS OF CONVERSATION

 Emotional Well-being

 Stress, Anxiety & Depression

 Legal & Financial Matters

 Dependent & Elder Care Resources

 Ways to Manage Stress

IF YOU NEED HELP

- Provider:
- Phone:
- Website:

Benefit options provided by:

TRUENORTH
Insurance and Financial Strategies